



## Take the Humana Vitality® Tour!

- Learn your Vitality Age™ - find out how old your body is living.
- Take your Health Assessment and pick your wellness goals.
- Get your pedometer immediately onsite.
- Window shop in the HumanaVitality Mall storefront.
- What's for dinner? Get healthy recipes with Vitality HealthyFood™.
- Show us what you've got – have a dance off with the iDance competition.
- What are Vitality Bucks®, Vitality Points™ and Vitality Status™? Find out!

Prize  
drawings  
each day!

Kentucky State Office Bldg.  
501 High Street  
Sept. 16-18  
8 a.m. – 4 p.m.

**Questions? Ask your Vitality Champ.®**  
Jeff Barr, 502.564.5513

**Humana Vitality®**

HumanaVitality.com 

Information communicated and views expressed by a Vitality Champ® do not necessarily represent the views of Humana Inc., HumanaVitality, LLC, or their subsidiaries or affiliates ("Humana"). Vitality Champs are selected solely by their respective employers; they are representatives of their employers. A Vitality Champ is not an agent, affiliate, employee, contractor, or otherwise a representative of Humana. Accordingly, a Vitality Champ does not perform work on behalf of Humana, and Humana does not compensate a Vitality Champ. Success stories or motivational advice shared by a Vitality Champ only serves to encourage and motivate other employees to use and participate in HumanaVitality.®

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